



Michigan Specialty Crops



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Michigan grows a wide variety of specialty crops each year, and our farmers take pride in growing high quality, diverse products. The state leads the nation in the production of several specialty crops, including dry beans, red tart cherries, blueberries, Niagara grapes, squash, 11 floriculture products (including hanging baskets, geraniums, hostas, petunias, and impatiens), and cucumbers for pickles. Michigan also ranks in the top 10 for 15 other specialty crops. Specialty crops include fruits, vegetables, tree nuts, dried fruits, horticulture, and nursery/floriculture crops. Michigan agriculture contributes \$71.3 billion annually to the state's economy, second in diversity only to California, and employs over 1 million people. We invite you to learn more about our state's specialty crop production and to enjoy all the bounty and beauty Michigan's agriculture industry has to offer.

Michigan Department of Agriculture
P.O. Box 30017
Lansing, MI 48909
Phone: (517) 241-2178
Fax: (517) 335-0628
www.michigan.gov/mda

Apples

Apples are one of the largest and most valuable fruit crops grown in Michigan. The industry's annual economic impact is estimated at \$800 million. There are over 7.5 million apple trees in commercial production, covering 38,500 acres on 950 family-run farms throughout Michigan's Lower Peninsula. Michigan harvested approximately 1.1 billion pounds of apples in 2009 with a production value of \$124.6 million. While Michigan is best recognized for its fresh apples in autumn, Michigan apples can be enjoyed year round as 60 percent of all Michigan apples are processed into other products. In fact, Michigan apples are also a main source for applesauce, fresh-cut slices, and fresh and shelf-stable apple cider.

Seasonality

Field fresh apples are available August through November. Through improved storage methods, the fresh apple season can be extended from November through June. Processed apples are available throughout the year in juice, canned, and applesauce form.

Nutrition

Apples are naturally free from fat, cholesterol, and sodium. They are an excellent source of fiber.

Contact

Michigan Apple Committee
13750 South Sedona
Parkway, Suite 3
Lansing, MI 48906
Phone: (517) 669-8353
Fax: (517) 669-9506
www.michiganapples.com

Seasonality

The season in Michigan for fresh asparagus is April through June. Asparagus lovers can enjoy canned or frozen Michigan asparagus throughout the year, as 65 to 75 percent of the crop is processed.

Nutrition

Asparagus is the leading supplier among vegetables of folic acid. A 5.3-ounce serving provides 60 percent of the recommended daily allowance for folacin which helps blood cell formation, growth, and prevention of liver disease. Asparagus spears contain no fat or cholesterol and provide potassium, fiber, vitamin B6, and glutathione. It's also the ideal vegetable for low-sodium diets, with only one milligram of sodium per 100 grams of cooked asparagus spears.

Contact

Michigan Asparagus
Advisory Board
P.O. Box 550
12800 Escanaba Drive, Suite A
DeWitt, MI 48820
Phone: (517) 669-4250
Fax: (517) 669-4251
www.michiganasparagus.com

Asparagus

Michigan ranks third in the nation for asparagus production, and second in acreage, producing up to 2.5 million pounds annually. In fact, in 2009 the Michigan asparagus production was valued at \$16.5 million. The long green stalks are one of Michigan's first crops to appear in the spring. Much of Michigan's asparagus is grown near the Lake Michigan shoreline where the moderate temperatures and soils make for excellent production conditions. Michigan asparagus, unlike asparagus from other states, is hand-snapped above the ground. This method yields a more tender and flavorful product.

Blueberries

Michigan leads the nation in growing blueberries, producing over one-third of all of the blueberries eaten in the U.S. In 2009, the state produced 99 million pounds and over 20 varieties of the sweet, round, cultivated berries. Michigan blueberries are grown, harvested, and processed by over 600 family farms, contributing nearly \$101.8 million to the state's economy. Allegan, Berrien, Muskegon, Ottawa, and Van Buren counties comprise the state's primary blueberry growing region. In 2009, 49 million pounds were produced for fresh use while 50 million pounds were produced for processing.

Seasonality

Fresh blueberries are available from late July to September. Frozen blueberries can be enjoyed throughout the year.

Nutrition

Blueberries have consistently been recognized as the fruit with the highest antioxidant activity. They are especially high in vitamins A and C.

Contact

Michigan Blueberry
Growers Association
04726 County Road 215
P.O. Box 322
Grand Junction, MI 49056
Phone: (269) 434-6791
Fax: (269) 434-6997
www.blueberries.com

Seasonality

Fresh Michigan cabbage is available to consumers from June to December, but can be obtained in its processed forms throughout the year.

Nutrition

Cabbage is low in saturated fat and cholesterol while being high in dietary fiber, vitamins C and K, folate, potassium, manganese, iron, and magnesium.

Contact

Michigan Vegetable Council
P.O. Box 277
Erie, MI 48133
Phone: (734) 848-8899
Fax: (734) 848-8899
www.michiganvegetablecouncil.org

Cabbage

Michigan produces several varieties of cabbage in staggered harvests, producing a longer season in which consumers may find fresh cabbage. In 2009, Michigan farmers across the state produced 7.6 million pounds of cabbage worth \$10.1 million.

Carrots

In 2009, Michigan produced 59.4 million pounds of carrots worth \$12.6 million for both fresh and processed use. This made Michigan the second highest carrot producing state in the country. Michigan carrots are primarily found in the west, central counties of Montcalm and Oceana.

Seasonality

Carrots are grown in Michigan for processing and fresh market use. Fresh market carrots are harvested from late July through November. Carrots for processing are harvested from early October through late November, and are available throughout the year.

Nutrition

One 2.8-ounce carrot has 40 calories and provides more than twice the recommended daily allowance of vitamin A for a healthy adult. High in fiber, potassium, and vitamin C, this crisp-textured root breaks down into calcium and is easily absorbed by the body when eaten.

Contact

Michigan Carrot Committee
13109 Schavey Road, Suite 7
DeWitt, MI 48820
Phone: (517) 669-8377
Fax: (517) 669-1121

Seasonality

Fresh celery is available from June through October, and available throughout the year in processed forms.

Nutrition

Celery is a great source for vitamin C, potassium, and dietary fiber while being very low in calories and cholesterol.

Contact

Michigan Celery Promotion
Cooperative, Inc.
P.O. Box 306
Hudsonville, MI 49426
Phone: (616) 669-1250
Fax: (616) 669-2890
www.michigancelery.com

Celery

Michigan's celery production began in Kalamazoo County. Today, the majority of Michigan's celery is still grown in the southwest counties of the state. In 2009, celery generated \$14.8 million from 105.5 million pounds grown in Michigan, ranking it second among the top celery producing states in the country.

Cherries

Michigan produces more cherries than any other state, including 70 to 75 percent of the tart cherries grown in the U.S. and 20 percent of the nation's sweet cherries. In 2009, Michigan produced 28,600 tons of sweet cherries with a value of \$13.6 million, and 242 million pounds of tart cherries with a value of \$40.2 million. The northwest counties of Michigan are so well known for cherries that each year, Traverse City, Michigan hosts the annual National Cherry Festival.

Seasonality

Fresh sweet cherries are available from late June to August, but processed tart and sweet cherries are available throughout the year in canned, frozen, dried, or juice form.

Nutrition

Cherries have among the highest levels of disease-fighting antioxidants, when compared to other fruits. They also contain other important nutrients such as beta carotene, vitamin C, potassium, magnesium, iron, and fiber.

Contact

Michigan Cherry Committee
12800 Escanaba Drive, Suite A
DeWitt, MI 48820
Phone: (517) 669-4264
Toll free: (800) 462-7611
Fax: (517) 669-3354
www.choosecherries.com

Seasonality

Michigan chestnuts are available in their fresh form from October to December, while peeled frozen and peeled dehydrated chestnuts are found throughout the year.

Nutrition

Chestnuts are an excellent source of iron, and, unlike other nuts, chestnuts are low in fat. They are also a good source of thiamin B1, potassium, riboflavin B2, and phosphorous.

Contact

CGI: Chestnut Growers, Inc.
Phone: (800) 667-6704
Fax: (231) 487-1082
www.chestnutgrowersinc.com

Chestnuts

Michigan chestnuts are sold fresh, peeled frozen, sliced, or as flour. Chestnut flour is a gluten-free alternative to wheat flour. The natural sweetness of chestnut flour enhances the delicate flavors of many baked goods. Chestnut slices are a great additive to breads or salads, and have a shelf life of two years. Chestnuts can be used in a wide variety of dishes, from soups, stews, and stuffing to fancy desserts.

Christmas Trees

Michigan ranks third in the nation in the number of Christmas trees harvested, supplying approximately 3 million fresh Christmas trees to the national market each year. Michigan also produces and sells more than a dozen Christmas tree varieties on a wholesale level, which is more varieties than any other state. Our state has approximately 42,000 acres in commercial Christmas tree production, with an annual farm gate value of over \$41 million. The industry receives an additional \$1.3 million in sales of wreaths, cut boughs, garland, and other cut greens. For every Christmas tree harvested, Michigan Christmas tree farmers plant three new trees for future harvests.

Contact

Michigan Christmas Tree Association
P.O. Box 377
Howell, MI 48844-0377
Phone: (517) 545-9971
Toll free: (800) 589-TREE
Fax: (517) 545-4501
www.mcta.org

Seasonality

Cranberries are harvested in September and October. Most Michigan cranberries are processed into juice and dried products, but some are also sold fresh.

Nutrition

Cranberries are a superior source of nutrition and vitamins, especially vitamin C.

Contact

Michigan Cranberry
Marketing Committee
Southwest Michigan District
Extension Fruit Educator
219 Paw Paw Street, Suite 201
Paw Paw, MI 49079
Phone: (269) 657-8213 ext 3
Fax: (269) 657-6678

Cranberries

Michigan's climate, soil, and water resources make our state an excellent location for cranberry production. Cranberries are grown on 280 acres throughout Michigan, including the Upper Peninsula, to the northern part of the Lower Peninsula, and down to Southwest Michigan. Michigan's cranberry industry is expected to expand significantly in the coming years.

Cucumbers

The majority of Michigan cucumbers are produced in the southwest corner counties of the state, although four other counties in the state help with the production volume. In 2009, the state as a whole produced 96.8 million pounds of fresh cucumbers totaling \$18.5 million in sales.

Seasonality

Fresh cucumbers are available in July and August, but in their processed form, they can be purchased throughout the year.

Nutrition

The fresh cucumber is a very good source of the vitamins A and C and the mineral molybdenum. Cucumbers are also rich in potassium, manganese, folate, dietary fiber, and magnesium.

Contact

Michigan Vegetable Council
P.O. Box 277
Erie, MI 48133
Phone: (734) 848-8899
Fax: (734) 848-8899
www.michiganvegetablecouncil.org

Seasonality

Dry edible beans are ready for harvest in late August to October and are available throughout the year in canned and dried package form.

Nutrition

With the exception of meat products, dry beans are the highest source of protein available. Beans also have more fiber than any other unprocessed food. They are low in sodium and fat and high in calcium, phosphorus, potassium, thiamin, and niacin. They help reduce blood cholesterol levels and their low amounts of sodium and fat help protect against heart disease.

Contact

Michigan Bean Commission
1031 S. US 27
St. Johns, MI 48879
Phone: (989) 224-1361
Fax: (989) 224-6374
www.michiganbean.org

Dry Edible Beans

Michigan producers grow several classes of dry edible beans, including: Azuki Beans, Black Beans, Cranberry Beans, Great Northern Beans, Red Kidney Beans, Navy Beans, Pinto Beans, Small Red Beans, and Yellow Eye Beans. Rich farmland in Michigan's Thumb counties grew more beans than any other place in the state. In fact, Huron County is one of the top dry bean producing counties in the country. In 2007, Michigan produced roughly 150,000 tons of dry edible beans.

Floriculture

In 2008, the wholesale value of Michigan's floriculture totaled \$393.5 million, behind only California and Florida. Michigan's floriculture industry is incredibly diverse. There were 720 floriculture producers in Michigan in 2008, with 44 percent of them reporting wholesale sales of over \$100,000. In 2008, growers in Michigan produced the second-most valuable crop of annual bedding/garden plants in the U.S. (\$187 million in sales). In addition, Michigan placed second in the production of propagative materials (\$77 million) and second in herbaceous perennial plants (\$69 million). Michigan leads the nation in value of sales for 11 floriculture crops, including impatiens, begonia hanging baskets, geraniums, New Guinea impatiens, petunias, potted vegetable plants, and potted hostas.

Seasonality

Michigan boasts a vast array of floriculture that comes to bloom throughout its summer months. Peak times depend on the specific variety of floriculture.

Contact

Michigan Floriculture Growers Council
P.O. Box 544
DeWitt, MI 48820
Phone: (517) 420-7142
Fax: (517) 669-3354
www.mifgc.org

Michigan Floral Association
1152 Haslett Road
Haslett, MI 48840
Phone: (517) 575-0110
Fax: (517) 575-0115
www.michiganfloral.org

Seasonality

Harvest for early hybrid varieties of wine grapes begins at the end of August in the southwest and may extend into November for late-ripening vinifera varieties in the northwest.

Nutrition

Grapes for juice are an excellent source of vitamin C, and have antioxidants that help to protect against free radicals that can damage healthy cells and may weaken the immune system.

Contact

Michigan Grape and Wine Industry Council (wine grapes)
P.O. Box 30017
Lansing, MI 48909-7517
Phone: (517) 373-9789
Fax: (517) 335-0628
www.michiganwines.com

National Grape Cooperative (juice grapes)
400 Walker St.
Lawton, MI 49065
Phone: (269) 624-2821
Fax: (269) 624-7144
www.nationalgrape.com

Grapes

Michigan utilized 78,400 tons of grapes for production of wine and juice in 2009, with a total value of \$27.5 million. Michigan has 14,600 acres of vines, making Michigan the fourth-largest grape producing state in the nation. About 2,000 of those acres are devoted to wine grapes, making Michigan the eighth state for wine grape production. Michigan has more than 70 commercial wineries producing more than 450,000 cases of wine annually. Michigan wineries make many varieties of wine, including red, white, and specialty wines such as ice wine, sparkling, fortified, fruit wines, and brandies. Concord and Niagara grapes are grown primarily in the southwest part of the state and are used for juice production.

Herbs

Michigan growers produce several varieties of herbs throughout the year for consumer use, including for nutritional and medicinal benefits. Michigan herbs are used in both fresh and processed forms in food, supplements, vitamins, and medicines.

Seasonality

Herbs are grown in Michigan throughout the year, but prime season is April through October. The specific seasonality depends on the individual herb.

Nutrition

The nutritional value of herbs depends on the individual herb. Although herbs are not usually consumed in large quantities, some have measurable nutritional value. For instance, parsley has a greater concentration of B-carotene than carrots. Rosemary and thyme are rich in calcium, magnesium, potassium, and vitamins A and C. Many herbs are low in saturated fat and cholesterol and can also contain dietary fiber, iron, and other important minerals and vitamins.

Contact

Michigan Herb Business Association
4073 North Lake Rd.
Columbiaville, MI 48421
Phone: (810) 793-2401
www.michiganherbs.com

Seasonality

Beekeepers usually harvest in summer or early fall, but some continue throughout the year, making Michigan honey available for consumers year round.

Nutrition

Vitamins B6, thiamin, niacin, riboflavin, pantothenic acid, and certain amino acids are all present in honey.

Contact

Michigan Beekeepers Association
2712 Fontaine Trail
Holt, MI 48842
Phone: (517) 709-3514
www.michiganbees.org

Honey

Producers across Michigan gathered a total of 5.1 million pounds of honey in 2008, ranking Michigan seventh in the nation in honey production, with a value of \$7.4 million. The color of honey is a good indicator of how it will taste; the lighter the honey, the milder the flavor, and the darker the honey, the stronger the flavor. Raw or unfiltered honey has more enzymes and nutrients than heated, filtered honey. Local honey has pollens of local flowers that sometimes help allergy sufferers.

Maple Syrup

The production of pure maple syrup is the oldest agricultural enterprise in the U.S. Forty gallons of maple sap are required to make one gallon of syrup, and maple syrup production in 2009 for Michigan was 115,000 gallons.

Seasonality

Maple syrup is the first farm crop to be harvested in Michigan each year. The maple syrup season in Michigan starts in February in the southern counties and extends into April in the Upper Peninsula.

Nutrition

Pure Michigan maple syrup has 50 calories per tablespoon and is fat-free. It has no additives, no added coloring, and no preservatives. Maple syrup has many minerals per tablespoon: 20 milligrams of calcium, 2 milligrams of phosphorus, 0.2 milligrams of iron, 2 milligrams of sodium, and 5 milligrams of potassium.

Contact

Michigan Maple Syrup Association
www.mi-maplesyrup.com

Seasonality

Fresh mint can be harvested from late spring into the fall, but other forms of mint can be found throughout the year in dried or liquid form.

Nutrition

Fresh peppermint and spearmint are low in saturated fat, and very low in cholesterol. They are a good source of niacin, phosphorus, zinc, dietary fiber, vitamin A, vitamin C, riboflavin, folate, calcium, iron, magnesium, potassium, copper, and manganese.

Contact

Michigan Herb Business
Association
4073 North Lake Rd.
Columbiaville, MI 48421
Phone: (810) 793-2401
www.michiganherbs.com

Mint

Mint grows in the wild and in greenhouses and nurseries in Michigan. The native wild mint (*Mentha canadensis/arvensis*), peppermint, and spearmint all have the same uses, both for medicinal and culinary use. Wild mint grows in damp places, is upright with leaves on both sides, and flowers (light pink or white) on the stem between the leaves.

Nursery Products

The Michigan nursery, perennial plant production, Christmas tree, sod producers, landscaping, and lawn care industries contribute \$1.2 billion to Michigan's economy. Nursery and perennial plant producers generate about \$291 million in annual sales and distribute their products to 35 states, Mexico, and Canada, making them the second largest agriculture commodity group in Michigan and the fifth largest nursery industry in the nation. Michigan grows a variety of nursery products such as hostas, sod, shrubs, fruit trees, flowering trees, seedlings, and other various perennials.

Contact

Michigan Nursery and
Landscape Association
2149 Commons Parkway
Okemos, MI 48864
Phone: (517) 381-0437
Fax: (517) 381-0638
www.mnla.org

Seasonality

In a normal year, early-maturing onions (90 to 100 days) that are seeded in April are ready for harvest by late August. Late-maturing onions (110 to 120 days) mature in mid to late September.

Nutrition

Onions are rich in vitamin C, vitamin B6, and potassium.

Contact

Michigan Onion Committee
12800 Escanaba Drive, Suite A
P.O. Box 550
DeWitt, MI 48820
Phone: (517) 669-4250
Fax: (517) 669-4251

Onions

A majority of Michigan onion production occurs in south central and southern Michigan in the counties of Allegan, Barry, Eaton, Ionia, Kent, Newaygo, Ottawa, and Van Buren. Michigan onion production in 2009 was 133 million pounds. This yielded a total value of \$14.3 million.

Peaches

Most Michigan peaches are grown in the west central to southwest corner, close to Lake Michigan, with additional production in the east along Lake St. Clair and in the northwest Grand Rapids area. In 2009, Michigan produced 16,700 tons of peaches valued at over \$12 million. Michigan's Red Haven peaches are famous throughout the country, with recent new Michigan varieties including the southwest Michigan Flamin' Fury and Stellar peach series gaining popularity.

Seasonality

Fresh peaches are available from early July to mid September, but processed peaches are available throughout the year.

Nutrition

Peaches are a tasty treat with modest calories, a good source of potassium, vitamin A, vitamin C, low sodium, and no saturated fat. Peaches are a healthful snack and a smart, low calorie way to end a meal.

Contact

Michigan Peach Sponsors
P.O. Box 1035
Coloma, MI 49038
www.michiganpeach.org

Seasonality

The pear harvest season runs from early August to mid October with most production during the Bartlett season in late August to mid September. Most fresh pears are consumed within a few weeks of harvest.

Nutrition

Fresh pears are very low in saturated fat, cholesterol, and sodium. Pears are also a good source of vitamin C, and a very good source of dietary fiber.

Contact

Michigan Department
of Agriculture
P.O. Box 30017
Lansing, MI 48909
Phone: (517) 241-2178
Fax: (517) 335-0628

Pears

In 2009, Michigan produced 4,200 tons of pears that generated \$1.4 million. Pears are utilized as fresh and processed for baby food and limited use for wine and brandy. Bartlett is the primary variety grown in Michigan for both processing and fresh use. Other more common varieties include D'Anjou, Harrow Delight, Spartlett, and the newer, fire blight resistant Harrow Sweet. Asian pear varieties are grown primarily for fresh consumption.

Plums

Michigan produced 2,000 tons of fresh and processed plums in 2009 totaling \$1.3 million. These were mostly of the Stanley, NY9, NY6, and Damson varieties. Damsons are small, have a tart flavor and are used mainly for processing. Stanleys, NY9, and NY6 are larger, elongated/round-shaped freestone European-type plums with blue-black skin and yellow flesh used as both fresh and processing products.

Seasonality

The harvest season for plums begins in mid July and continues through October, with the major production in September. While most are eaten fresh, some Michigan plums are canned and frozen.

Nutrition

Plums are high in carbohydrates and a good source of potassium, minerals, and vitamin A.

Contact

Michigan Plum Committee
12800 Escanaba Drive, Suite A
P.O. Box 550
DeWitt, MI 48820
Phone: (517) 669-4250
Fax: (517) 669-4251

Seasonality

The Michigan potato harvest begins in July and ends in October.

Nutrition

Potatoes are fat-free, rich in potassium, and an excellent source of fiber. Additionally, this vegetable contains half of the daily requirement of vitamin C.

Contact

Michigan Potato
Industry Commission
13109 Schavey Road, Suite 7
DeWitt, MI 48820
Phone: (517) 669-8377
Fax: (517) 669-1121
www.mipotato.com

Potatoes

In volume and sales, potatoes are Michigan's leading produce commodity generating \$156 million in farm gate sales in 2008 and 735,000 tons of potatoes harvested, from as far south as Monroe County to as far north as Iron County in the Upper Peninsula. Michigan is the nation's leading producer of potatoes for potato chip processing. Montcalm is the largest potato production county in Michigan.

Pumpkin & Squash

In 2009, Michigan pumpkins generated \$10.3 million from the 73.7 million pounds produced. Michigan pumpkins are used for processing and jack-o-lanterns. In 2009, Michigan produced 136.5 million pounds of squash with a total production value of \$11.7 million. You can find several varieties of squash in Michigan for fresh or processed use.

Seasonality

Pumpkins are typically harvested in Michigan beginning in September through October. Fresh squash season is June through October, but squash can be found throughout the year in processed form.

Nutrition

Pumpkin is full of the antioxidant, beta-carotene. Beta-carotene is one of the plant carotenoids converted to vitamin A in the body. In the conversion to vitamin A, beta-carotene performs many important functions in overall health. Squash is very low in saturated fat, cholesterol, and sodium. It is also a good source of vitamin E, thiamin, niacin, vitamin B6, folate, calcium, and magnesium, and a very good source of vitamin A, vitamin C, potassium, beta-carotene, and manganese.

Contact

Michigan Vegetable Council
P.O. Box 277
Erie, MI 48133
Phone: (734) 848-8899
Fax: (734) 848-8899
www.michiganvegetablecouncil.org

Seasonality

Fresh Michigan raspberries are available from July through October or year round as frozen or processed products.

Fresh blackberries are available from July to August, but because most blackberries are sold for processing or value-added products, consumers have access throughout the year.

Nutrition

Blackberries and raspberries are low in carbohydrates, calories, and fat, but are rich in vitamin C and fiber, both of which have been shown to help reduce the risks of certain cancers.

Contact

Michigan Department
of Agriculture
P.O. Box 30017
Lansing, MI 48909
Phone: (517) 241-2178
Fax: (517) 335-0628

North American Raspberry &
Blackberry Association
1138 Rock Rest Rd.
Pittsboro, NC 27312
Phone: (919) 542-4037
Fax: (866) 511-6660
www.raspberryblackberry.com

Raspberries & Blackberries

The raspberry industry in Michigan is relatively small, but Michigan raspberries are enjoyed by consumers whether they purchase them at a retail store, farm market, or pick-your-own farm. Many raspberries are used in Michigan restaurants and processed into excellent local preserves. Michigan produces a limited quantity of blackberries also. Despite their delicate nature and short shelf-life, raspberries and blackberries are enjoyed by consumers throughout the state. Fall fruiting blackberries have recently been developed and may help to extend the Michigan fresh blackberry season.

Strawberries

Michigan grows strawberries for both fresh and processed uses. In 2009, Michigan produced 43,000 tons of fresh strawberries and 3,000 tons of processed strawberries. The combined productions generated \$6.6 million. Most of the fresh strawberries were picked by consumers at “u-pick” operations around the state.

Seasonality

The strawberry season starts in early June and can extend into mid July. Berrien, Leelanau, and Van Buren are Michigan's largest strawberry-producing counties.

Nutrition

Strawberries contain 80 percent of the recommended daily allowance of vitamin C. Strawberries are an excellent source of fiber and potassium.

Contact

Michigan Department
of Agriculture
P.O. Box 30017
Lansing, MI 48909
Phone: (517) 241-2178
Fax: (517) 335-0628

Seasonality

Fresh Michigan sweet corn is available July through September.

Nutrition

Sweet corn is rich in vitamin C, iron, thiamin, and riboflavin, as well as fiber.

Contact

Michigan Vegetable Council
P.O. Box 277
Erie, MI 48133
Phone: (734) 848-8899
Fax: (734) 848-8899
www.michiganvegetablecouncil.org

Sweet Corn

Michigan sweet corn is enjoyed throughout the state in several varieties. In 2009, Michigan produced 101.1 million pounds of sweet corn for the fresh market worth \$23.6 million.

Tomatoes

Michigan grows tomatoes for both fresh and processed uses. In 2009, Michigan produced 132,600 tons of tomatoes for processing and 60 million pounds of tomatoes for fresh market. The total value for processed and fresh was \$35.5 million.

Seasonality

Fresh tomatoes are available in August and September. Processed tomatoes can be purchased throughout the year.

Nutrition

Tomatoes are an excellent source of vitamins C and A as well as high in the antioxidant lycopene. They are low in sodium, saturated fat, and cholesterol. Tomatoes are also a good source of vitamin E (alpha tocopherol), thiamin, niacin, vitamin B6, folate, magnesium, phosphorus, copper, dietary fiber, vitamin K, potassium, and manganese.

Contact

Michigan Vegetable Council
P.O. Box 277
Erie, MI 48133
Phone: (734) 848-8899
Fax: (734) 848-8899
www.michiganvegetablecouncil.org